

# Hawaii MARINE SPORTS

Hawaii Marine C Section

May 21, 2004

## Volleyball slams Wednesdays

### Intramural athletes crash the nets at Semper Fit

**Pfc. Rich Mattingly**  
*Sports Editor*

In the century since William G. Morgan invented volleyball, the sport has grown from its roots in a game designed for older patrons of Morgan's fitness club, into the second most-played sport in the world.

Volleyball, with its easy-to-learn, difficult-to-master skills, draws some of the biggest interest when its intramural season comes around each year.

Each Wednesday and Friday night, teams send volleyballs flying across the court in an effort to hone their skills and improve their game. Wednesday night featured three match-ups.

Game one was a thriller featuring the undefeated 3rd Battalion, 3rd Marine Regiment Battalion Aid Station Team One versus the twice-defeated team from Helicopter Antisubmarine Squadron Light 37. Both teams possess deep benches and some impressive players who have obviously set and spiked a ball a few times.

Lorch Toloumu and his wife, Melanie, both played a great game for BAS Team One. While HSL-37 showed a lot of improvement under the supervision and guidance of long-time volleyball warrior Chandler Colan, BAS triumphed 2-1 in what turned out to be the most even pairing of the night.

The second match-up was between Headquarters Battalion and 3rd Battalion, 3rd Marine Regiment. Headquarters and 3/3 have both struggled since the start of the season. Both teams were hoping for a win to pull themselves out of their respective slumps.

Unfortunately for 3/3, its improvements haven't been enough, as the battalion picked apart the hapless grunts with solid fundamentals. A final, decisive slam from John Weis closed out Headquarter's 2-0 victory.

Wednesday's final match-up was 3/3 BAS Team Two in a dog fight with Patrol Squadron 4.

Trading points back and forth for the first two games, neither team dominated what proved to be a very close match. The BAS Team Two managed to hold on in the final game to win in a long, 2-1 match.



Pfc. Rich Mattingly

**Drew Blanchard fires the ball just over the net and past a reaching Battalion Aid Station Team Two defender during a match Wednesday night.**

## Summer sports heat up at Smith

**Lance Cpl. Jared Plotts**  
*U.S. Marine Corps  
Forces Pacific*

**CAMP H.M. SMITH** — Headquarters and Service Battalion here remains pretty busy with its year-round intramural sports program, especially with summer right around the corner.

Despite its smaller size and considerably fewer personnel than Marine Corps Base Hawaii, Hickam Air Force Base, Naval Station Pearl Harbor and Schofield Barracks — all located on the island of Oahu, Camp Smith maintains sporting events with a consistent amount of interest due to its large fan base.

This season's volleyball league has a record-setting 10 teams, the most Camp Smith has seen in any sport. Service members and civilians stationed here comprise the teams, and games are played Tuesdays and Thursdays at the base gym.

The two-month season ends in June, followed by playoffs and award ceremonies.

So far, four teams have signed up for softball, but there's room for plenty more.

If anyone is interested in any sport at Camp Smith, contact the athletic coordinator's office at 477-0498.

## MAG-24 destroys VPU-2 in 13-1 rout

**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

In what may have been the shortest game of the year, the Marines of Marine Aircraft Group 24 battered the Wizards of Patrol Squadron 2, who battled to remain in competition throughout the five-inning game at Reiseley field Monday night. The game ended with a less-than-dramatic final score of 13-1.

The entire game was a blowout for the Wizards, who had yet to score one run to MAG-24's 10 runs by the end of the third inning. If not for VPU-2's Markus Passer, scoring a single, somewhat heartening run during the fourth inning, the game would not have lasted another seven minutes.

The Wizards played their first game of the season with the intensity of a pack of wolves and the coordination of a 2-year-old baby. Needless to say, they looked a bit rusty.

"The VPU-2 team isn't bad," said Paul Matchniff, third year coach of MAG-24. "They just need a lot of work."

The Marines of MAG-24 brought an alliance to the field. They have continuously been top competitors in softball throughout the years. Their experience leading into the fifth inning proved to be too much for the Wizards. At the bottom of the fifth, the game was called and both teams went home at the end of a disappointing night. The Wizards with a loss, the Marines with not enough playing time for a good practice night let alone a real game.

"This year is very different for this team," said Matchniff. "We had a lot more new guys come out that wanted to play."

Three of MAG-24's 17 players also compete on the base softball team.

## Trio keeps clients 'semper fit'

**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

A trio of personal trainers is available at the Semper Fit Center to provide assistance to anyone interested in improving their physical condition at a minimal cost. According to management at the center, the vast experience provided by their certified trainers enables them to find the best program to suit individual needs and fitness goals.

The instructor for beginner fitness is Stacey Hertzog.

Hertzog conducts an eight-week course that meets in a group setting twice a week. In each meeting, she discusses nutrition, basic anatomy, flexibility, cardiovascular and strength conditioning. Hertzog also teaches how to properly use all the equipment at the Semper Fit Center and establishes plans for individuals concerned with personal goals, lifestyle factors and medical conditions, as well as their unique fitness needs.

Personal fitness trainer Beth Hornsby instructs the six-week Lifestyle, Weight Management Program for those who are new to fitness and interested in learning the basic components of cardiovascular, muscular and flexibility training. Students meet with



Lance Cpl. Megan L. Stiner

**Personal fitness instructor Beth Hornsby helps Jule Saracco conduct a strength fitness exam. Hornsby is one of three personal fitness trainers available at the Semper Fit Center.**

Hornsby once a week for one hour and on a one-to-one basis.

"The pace of the program depends on the personal preference of the person involved," she said. "Goals and guidelines are set and worked towards at the rate that the person feels comfortable with."

The third member of the personal trainer trio is Terry Snider who specializes in teen fitness. He runs an eight-week course, which meets in a group environment two times per week. His class focuses on teaching the lifelong benefits of

exercise and good nutrition.

A personalized fitness program is also available for experienced fitness gurus who are interested in learning more about advanced exercises and program design. The 12-week program teams up an individual with a personal trainer to work one-on-one.

"Watch what you think; your thoughts become words. Watch what you say; your words become actions. Watch what you do; your actions become habits," said Hornsby.

# BASE SPORTS

**Edward Hanlon V**  
*MCCS Public Relations*

## May

### 22 / Saturday

**Wrestling Club Tournament** — Youth and adults are invited to participate in the first-ever USA Wrestling meet at MCB Hawaii, Kaneohe Bay, tomorrow from 8 a.m. to 3 p.m. The meet will be held at the Semper Fit Center gymnasium, and the cost is \$5 for USAW members, and \$35 for nonmembers (includes membership fees). Prove your skills in this sanctioned meet; call Youth Activities at 254-7611 for registration information.

**Annual MAG-24 Sprint Triathlon** — Athletes are invited to tackle the 8th Annual MAG-24 Sprint Triathlon tomorrow aboard K-Bay with a 5:30 a.m. check-in time and a race start at 7:30 a.m. The triathlon will consist of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run.

Participants may enter individually or in three-man relay teams, where one person can swim, another bike and still another run. The triathlon is open to military, family members, DoD civilians and the general public. Cost is \$22 for military, \$27 for civilians and \$66 for triathlon teams, to include the race T-shirt. Register at the Semper Fit Center (Bldg. 3037), pick up forms at Island Triathlon & Bike, or print out applications at [www.mccshawaii.com](http://www.mccshawaii.com). All participants will be entered into the Island Triathlon & Bike drawing to win a free FELT F80 racing bike, valued at more than \$800. Mega mahalo to Island Triathlon and Bike and Gatorade for making the 8th Annual Sprint Triathlon possible. For more information, call 254-7590.

### 23 / Sunday

**Intramural Golf Tournament** — Head over to the Kaneohe Klipper on Sunday for a day away from the office. The tour-

nament shotguns at 1 p.m., but get there early for registration. Prices are \$5 for E-5 and below, \$8 for E-6 and above, and \$10 for DoD cardholders. (Price includes green fees only.)

**Gone Fishin'** — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter contractor now has two boats to accommodate all of your fishing needs, so you can spend your day with family and friends off the coast of Windward Oahu, catching some of the ocean's most exotic and tasty fish. For more information, call 254-7667.

### 24 / Monday

**Adventure Training** — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and complete physical training at the same time. Classes are offered in scuba,

kayaking, power boating and water skiing, and Adventure Training is offered at no charge to all MCB Hawaii units. Training noncommissioned officers and staff NCOs should call the base marina at 254-7667 for more details.

**Inexpensive and Fun Entertainment** — Look no further for economical entertainment, as Mondays through Thursdays all E-5 and below receive free rental shoes and \$1.50 games at K-Bay Lanes. This discount is good for open play and does not qualify for tournaments, leagues or unit functions.

### 25 / Tuesday

**SM&SP Golf Clinic** — Join the Single Marine & Sailor Program every Tuesday

through June 15 for the SM&SP Golf Clinic, designed to help authorized SM&SP patrons to improve all areas of their game, from putting to driving, etiquette to rule understanding, and everything in between. After registering at SM&SP, head over to the Kaneohe Klipper Golf Course from 5 to 6 p.m. to participate in this clinic at the unbelievable price of only \$40. For more details, call 254-7593.

**30 and Over Basketball Coaches** — Talk it up before you hoop it up at the Semper Fit Center, Tuesday at 2 p.m. If you are interested in putting a team together or becoming a coach for 30 and Over Intramural Basketball, call MCCS Athletics at 254-7591.



## Intramural Volleyball Standings

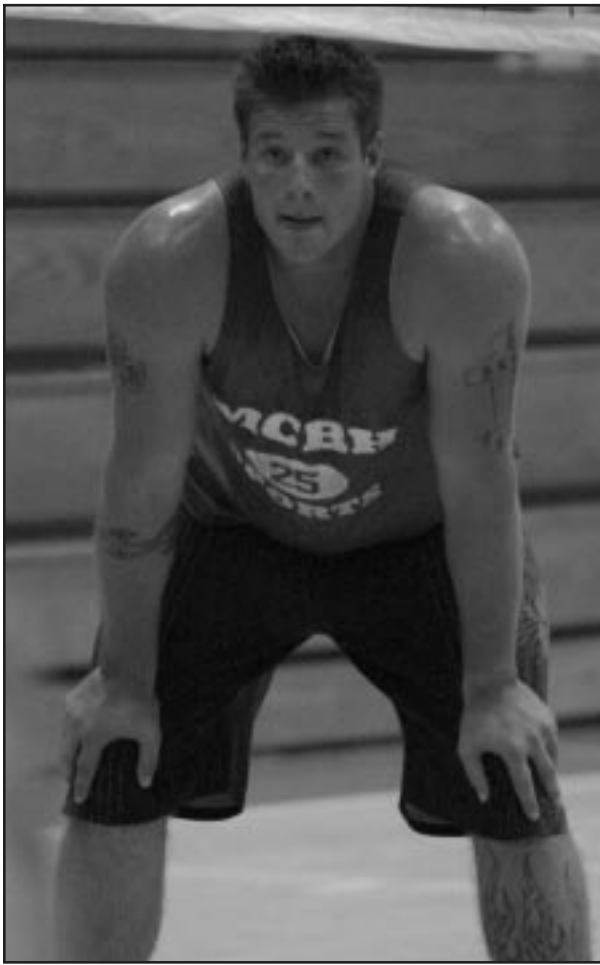
	Wins	Losses
3/3 BAS #1	5	0
CSSG- 3	5	1
VP-4	3	2
HSL-37	2	3
3/3 BAS #2	2	3
HQBN	1	4
3rd Marines	0	5

*Intramural Volleyball standings are current as of May. 17.*

## Intramural Softball Standings

	Wins	Losses
CSSG-3 Supply	4	0
Mess Hall	3	0
MAG-24	3	0
VPU-2	3	0
HSL-37 Easy Riders	3	1
3rd Marines PSC	3	1
3rd Radio Bn	2	1
CPRW-2	2	1
HQBN	1	1
Band Stingers	1	2
CAC Hickerbillies	1	2
One Flew East	1	2
VP-4	0	2
MCAF	0	3
CSSG-3 Electronics	0	3
Dental Young Guns	0	4

*Intramural Softball standings are current as of May 12.*



Pfc. Rich Mattingly

# Base All Star

**NAME:** Drew Blanchard

**SPORT:** Volleyball

**TEAM:** Patrol Squadron 4

- **Blanchard, 22, first played volleyball seriously with Fleet Air Reconnaissance Squadron 1**
- **He has been playing for a little more than one and a half years.**
- **The San Pedro, Calif., native loves volleyball because of the all-around athleticism needed to excel in the sport.**

*“There’s really good competition in the intramural league, and it’s a great workout. Playing helps me stay active.”*

# COMMUNITY SPORTS

**State Offers Free Recreation, Today**  
The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility. Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters. The next two-day session is this evening from 5:45 to 9:45 p.m. and tomorrow from 7:45 a.m. to 4:30 p.m. in Classroom #A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.) A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200.

**Arena Football Hosts ‘Military Appreciation Night,’ Tomorrow**  
General admission tickets will be 50-percent off — only \$5 — tomorrow at the Islanders Arena Football match against the Central Valley Coyotes. From 4:30 to 6:30 p.m., children can enjoy the “Family Fanfest” sponsored by Meadow Gold Dairies; at the same time, the Islanders

Business Club will host an adult-sized event. Kickoff for “Military Appreciation Night” will go at 6:30 p.m., and fans can get one of 500 free team posters (sponsored by Taco Bell Hawaii) at the post-game autograph session. For tickets, which are available for advance and game day purchase, call Ticketmaster at 1-877-750-4400 (including Times Supermarkets); visit the Blaisdell Box Office or surf [www.ticketmaster.com](http://www.ticketmaster.com).

**Boating Sets Sail at Mall, Saturday**  
Flotilla 1-14 of Kaneohe will be presenting a safe boating display at Windward Mall, tomorrow from 10 a.m. until 4 p.m., in celebration of National Safe Boating Week. For more details about the Flotilla’s next safe boating class in June, call Tom at 234-6916.

**HTMC Hikes Kaipapau Gulch, Sunday**  
Intermediate hikers can brave the slippery rocks and crisscross the mountain stream until the waterfall and plunging pool below beckon them to swim in Kaipapau Gulch, Sunday beginning at 8 a.m., when the Hawaii Trail and Mountain Club meets for this eight-mile trek. Register with coordinator Grant

Oka at 674-1459 to tag along. A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on all hikes.

**Ironman Qualifier Slated for June 13**  
Open to Hawaii residents only, the inaugural Honu Triathlon, the official Hawaii Ironman Triathlon World Championship Qualifier, is slated for June 13 on the Kohala Coast of the Big Island. The qualifying race will begin with a 1.5K (2.4-mile) swim start at Hapuna Beach State Park, followed by a 40K (112-mile) bike course encompassing a portion of the Queen Kaahumanu Highway, then wrap with a 10K (26.2-mile) run entirely within the Mauna Lani Resort. The course must be completed in 17 hours (with cutoff times for each segment). Only 35 qualifying slots will be available for Big Island triathletes, 20 qualifying slots for triathletes from neighboring islands. Anyone can participate; however, only residents of three-plus years are eligible for qualifying slots that move on to October's Ironman Triathlon World Championship. To register and get more information,

call 326-7820 or e-mail [jvidgen@current-events.com](mailto:jvidgen@current-events.com).

**Sports Racing Posts 2004 Schedule**  
The Hawaii Region of the Sports Car Club of America will host regional/Solo I and several Solo II/Autocross races.

- The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license. Future races will be on the following dates: May 31, July 5, Sept. 6 and Nov. 13. For more information, call Ed Kemper at 524-0330.
- Solo II or Autocross will be held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. The event's purely amateur; anybody can participate. Points acquired throughout the year accumulate for prizes and trophies by year's end. Minimum participation in more than half of the year's races is required to be in the running. Races are scheduled as follows: June 6, July 4, Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more details, call Curtis Lee at 262-5987.
- For details about Maui Raceway Park action, contact Ed Mentor at (808) 984-5009.



# The Bottom Line

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both. Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at [lindsayjb@mcbh.usmc.mil](mailto:lindsayjb@mcbh.usmc.mil), or Capt. Robbins at [robbinskd@13meu.usmc.mil](mailto:robbinskd@13meu.usmc.mil). Remember, "If you don't speak up, you won't be heard!")

## What is the greatest sports movie?

**Capt. K. D. Robbins**  
*The Professor*

Between the drawn-out NBA playoffs and the anticlimactic first third of the baseball season, what is a "sports aficionado" to do with all this free time?

What else? Grab some popcorn and a frosty beverage (root beer for The Professor) and fire up the DVD.

It's movie night, as we examine the five greatest sports movies of all time.

1) "Field of Dreams" (1989): Kevin Costner draws a tear from the toughest weekend warrior when he "has a catch" with his father to close the film under the lights in Iowa. Costner and James Earl Jones prove that "if they build it, you will come" to catch this baseball classic.

2) "Hoosiers" (1986): Coach Norman Dale (Gene Hackman)

and his Hickory Huskers pull off the greatest upset in Indiana high school basketball history. From Wilbur "Shooter" Flash's (Dennis Hopper) "Picket Fence" to Jimmy Chipwood's "I'll make it" jumper at the buzzer, Hoosiers is a can't miss, even for a ghetto rat like The Goat.

3) "The Longest Yard" (1974): Burt Reynolds plays Paul Crue, a former NFL quarterback who leads a prison football team, the "Mean Machine," against the prison guards in a true battle of gridiron gladiators.

NFL Hall of Famer Ray Nitschke need not act, as he is cast perfectly as a grungy convict.

4) "Raging Bull" (1980): Robert De Niro plays oft-troubled middleweight champion Jake LaMotta in this cult classic. Martin Scorsese works his usual magic and keeps

See **PROFESSOR**, C-5



**Sgt. Joe Lindsay**  
*The Goat*

Thank Buddha that Richard Roeper got the job, and that after Gene Siskel's death, there was a relatively smooth transition into television's most-watched movie critic show. Otherwise, we might have had to listen to Ebert & Professor argue the merits of "Chariots of Fire" or "The Bad News Bears Go to Japan" on their greatest sports movies of all time, three-hour Sunday night special.

Let The Goat save you that torture by breaking down "The Bottom Line's" five greatest sports movies of all time.

1) "The Fish That Saved Pittsburgh" (1979): The sports equivalent of a cult classic, this story of a losing basketball team that turns to astrology to turn things around, makes you want to name your firstborn son Moses

Guthrie. If you have to ask, you wouldn't understand. Dr. J deserved an Oscar.

2) "North Dallas Forty" (1979): This classic starring Nick Nolte is without question the greatest movie about football ever made. Though props have to go out to "The Longest Yard" (1974), nothing really compares to this realistic look at life both on and off the gridiron.

3) "Raging Bull" (1980): This Martin Scorsese-directed film starring Robert De Niro as Jake LaMotta is the definitive sports movie, not just about boxing, but about the life of an athlete.

The violence and human suffering in "Raging Bull" is brutal, and rings of truth, not Hollywood.

4) "Rocky" (1976): This is the

See **GOAT**, C-5

### Readers Strike Back

“‘The Bottom Line’ is showing itself to be just like any other sports column”

Dear "Bottom Line,"

I was surprised to see "The Bottom Line" focus on horse racing in the latest edition. It seems they usually only write about baseball, football and basketball. There are a lot of other sports out there that deserve attention.

The Professor and The Goat do not seem to realize this.

I am a big wrestling fan, but have never seen a wrestling article in the paper. A lot of Marines are wrestlers or former wrestlers. Wrestlers are great athletes but do not get any credit.

By ignoring wrestling, "The Bottom Line" is showing itself to be just like any other sports column. From now on, I am only going to

check the headlines, and if I don't see a wrestling article, I will not read the article.

In fact, I am boycotting "The Bottom Line" until a wrestling story is printed.

— **Cpl. Ramon Ortiz**  
*Phoenix, Ariz.*

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